



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | October 2025

Prioritizing Your Mental Well-Being

At the Y, we know health isn't just about staying strong physically—it's about caring for your mind and spirit too. Staying connected, keeping active, and engaging in activities you enjoy are powerful ways to support mental health. Whether it's a group exercise class, a friendly game of pickleball, or simply sharing coffee with a friend, these moments help reduce stress, boost mood, and keep your mind sharp. Remember: taking time for yourself isn't selfish—it's essential. Let's keep moving, laughing, and supporting one another, because a healthy mind is just as important as a healthy body.



Move Well, Stay Strong

October 12 is World Arthritis Day, a reminder that arthritis doesn't have to hold you back. Staying active — especially with programs that include balance, strength, flexibility, and low-impact movement — can help reduce pain, improve mobility, and lower your risk of falls.

One great option is Enhance®Fitness at the YMCA. It's an evidence-based class designed for older adults (including those with arthritis), led by certified instructors, with modifications available so nothing hurts. With regular participation you can build strength, improve balance, and better manage arthritis symptoms — while having fun and staying independent.



IT'S NEVER TOO LATE TO FEEL GREAT.

BROWN FAMILY YMCA | 170 LANDRUM LANE | 904.543.9622 | OCTOBER 2025

OCTOBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app by selecting Classes, and Filter by Healthy Aging Class Type or online at fcymca.org.

WALKING CLUB

Every Monday, 8:30 – 9:30am, YMCA Front Entrance

Led by Sarah Ritchie, this gentle walk invites you to unwind, observe, and enjoy the peaceful rhythm of the outdoors in the company of friends. **(Registration Class Name – Healthy Aging Walking Club)**

MAHJONG EVENTS

ALL-LEVEL MAHJONG (NO instructors present)

Every Wednesday EXCEPT October 1st, 12:30 – 2:30pm, Healthy Living Center

Come join us every Wednesday for Mahjong! Whether you're a seasoned player or just starting out, everyone is welcome. **(Registration Class Name – Healthy Aging All Lvl Mahjong)**

MAHJONG 101 (instructors present)

Wednesdays, October 8th and 22nd, 12:30 – 2:30pm, Healthy Living Center

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. **(Registration Class Name – Healthy Aging Mahjong 101)**

MAHJONG FOR SEASONED PLAYERS (NO instructors present)

Fridays, October 10th and 24th, 12:45 – 2:45pm, Healthy Living Center

Experienced Mah Jong players, come join us for a fun and enjoyable afternoon. **Instructors will NOT be present.** **(Registration Class Name – Healthy Aging Seasoned Mahjong)**

CANASTA EVENTS:

CANASTA 101: LEARN TO PLAY CANASTA

Thursday, October 2nd, 12:30 – 2:30pm, Healthy Living Center

Join us for a fun-filled afternoon of learning how to play. Our Group Ex instructor, Felisa, will guide us through the game. Come for fun and enjoy time with friends. **(Registration Class Name – Healthy Aging Canasta 101)**

CANASTA

Friday, October 17th and 31st, 12:45 – 2:45pm, Healthy Living Center

Come join us for Canasta. Whether you're a seasoned player or just starting out, everyone is welcome. **(Registration Class Name – Healthy Aging Canasta)**

HEALTHY AGING DAY

Saturday, October 11th, 9:00am – 12:00pm

Come one, come all for a fun-filled **FREE COMMUNITY EVENT** at the Y! We'll kick things off with a light breakfast and a chance to enter our raffle for lots of **GREAT PRIZES**. Enjoy special classes such as **Aqua Fitness, Chair Yoga, and Line Dancing**. You can also **learn to play Pickleball** or join in Open Play. Open to the community - **everyone is welcome**. We can't wait to celebrate with you! **No registration required.**

BOOK CLUB

Thursday, October 16th, 11:30am – 12:30pm, Healthy Living Center

Join us for a discussion of the book "Trust" by Hernan Diaz. If you haven't read the book, please join us to share your suggestions for next month's pick! **(Registration Class Name – Healthy Aging Book Club)**

LUNCH BUNCH

Thursday, October 16th, 1:00 – 2:30pm, Vincenzo 's Cucina (3787 Palm Valley Road)

Meet for lunch at **Vincenzo 's Cucina** to enjoy a yummy lunch while socializing. ***Participants are responsible for paying for their own meals*** **(Registration Class Name – Healthy Aging Lunch Bunch)**

TECH 101: TECH HELP WITH DAVID

Thursday, October 23rd, 10:30am – 12:00pm, in the Lobby

Need help with your devices? Bring your smartphone, Laptops, E-reader and your tech questions. David will be on hand to help with your technology needs. **(Registration Class Name – Healthy Aging Tech 101)**